GREATER JOHNSTOWN COMMUNITY YMCA

GROUP EXERCISE INSTRUCTOR POSITION DESCRIPTION

Job Title: Group Exercise Instructor
Department: Fitness
Supervisor: Assistant Executive Director or Healthy Living Director
FLSA Status: Part Time
Location: Greater Johnstown Community YMCA
Time: 1.5 - 15 hrs / wk
Salary Range: $15 - $20 / hr

Guiding Principles for All Staff:

YMCA Mission: To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.

YMCA Cause: To strengthen the foundations of community through the areas of focus of youth development, healthy living, and social responsibility.

YMCA Character Development: The core values that guide the YMCA in fulfilling the mission and goals are: Caring, Honesty, Respect, and Responsibility.

Position Summary:

Our Group Exercise Instructors offer well organized group exercise experiences for our members and guests. They are responsible for leading exercise classes, teaching proper exercise techniques, and creating a safe, positive, and motivating atmosphere for participants. They also maintain a clean and enjoyable environment, and keep facilities informed of member needs.

Essential Functions:

- Develop and implement impactful classes
- Meet and exceed member/participant satisfaction results and deliver high-value experience for members/ participants
- Assist with retention and commitment of class participants.
- Help compile quarterly class data and surveys.
- Monitor classes to adhere to all YMCA health and safety standards and policies.
- Attend required abuse risk management training.
- Follow mandated abuse reporting requirements.

- Other duties as assigned.

Qualifications:

ONE OR MORE OF THE FOLLOWING CERTIFICATIONS:

- American College of Sports Medicine (ACSM)
- Certified Personal Trainer
- Health Fitness Specialist
- American Council on Exercise (ACE)
- Personal Trainer Certification
- The Cooper Institute
- Personal Trainer Certification
- International Fitness Professionals Association (IFPA)
- Personal Fitness Trainer Certification
- National Academy of Sports Medicine (NASM)
- Certified Personal Trainer
- Corrective Exercise Specialist (CES)
- Performance Enhancement Specialist (PES)
- National Exercise and Sports Trainers Association (NESTA)
- Personal Fitness Trainer Certification
- National Federation of Professional Trainers (NFPT)
- Personal Trainer Certification
- National Strength and Conditioning Association (NSCA)
- Certified Strength and Conditioning Specialist (CSCS)
- Class specific certification